

**EPISODE 152**

**[0:00:00.3] AV:** Welcome Paleo Nation. I'm Ashleigh VanHouten and you're listening to Paleo Magazine Radio, the official podcast of the original Paleo Lifestyle Publication.

[INTRODUCTION]

**[0:00:00.3] AV:** Maybe you or someone you know has struggled with the ethical implications of eating meat. Maybe you found yourself at a loss trying to explain how a paleo diet complete with animal protein can be healthy and good for the world. Or maybe you've just daydreamed about what it would be like to live on a farm with your family, surrounded by delicious fresh food. If you're nodding your head at any of this, I have some answers for you or rather, Diana does.

Today's guest, Diana Rodgers is a real food licensed registered dietician and nutritional therapy practitioner living on a working organic farm in the Boston area. She runs an active nutrition practice where she helps people get on track with diet and lifestyle. She's also an author of a number of books, hosts The Sustainable Dish Podcast, and she's a wife and mother of two. She's also an international public speaker on nutrition and sustainability, social justice, animal welfare, and food policy issues.

Diana is consulting dietician to several gyms and has worked with pretty much everyone in the paleo world including Robb Wolf, the folks at Whole30, and Dr. Kirk Parsley. Last but not least, she's a staff writer for your fave, Paleo Magazine. In our chat, we talk about what it's like to live on a farm, how to choose your foods like bananas and chocolate wisely. How a whole foods diet containing meat can be sustainable, ethical, and healthy and also why trying to convince people about the healthiest and most sustainable way to live isn't always the best approach and this is a lesson I need to learn.

She also gives us a teaser for a new book she's working on with none other than Robb Wolf so you'll hear about that but before we get started, I just want to take a quick moment to take our episode sponsor, Healthy Human.

[SPONSOR MESSAGE]

**[0:01:53.3] ANNOUNCER:** Healthy Human's line of drinking cups was voted 2015's best new product by Paleo Magazine readers. I'm sure being BPA free, Phthalate free, lead free and certified paleo friendly help. Healthy human cofounder Natalie Sholtz's attention to detail probably didn't hurt either. When she set to work designing the Healthy Human line, she considered every detail including one frustrating aspect of conventional water bottles.

***“NS: You would have a different sized lid for every water bottle.”***

While it probably would be a lot easier to just do things the way every other bottle manufacture did, Natalie wasn't willing to accept that.

***“NS: Every single Stein that we sell, the lid is interchangeable.”***

Certified paleo friendly and interchangeable lids, two of the many reasons why Healthy Human makes drinking all of your favorite beverages better. You can find Healthy Human products in stores nationwide as well as on their website, [Healthyhumanlife.com](http://Healthyhumanlife.com).

[INTRO MESSAGE]

**[0:02:49.1] AVH:** All right folks, let's get into the meat of it with Diana Rodgers. Paleo Magazine Radio starts now.

[INTERVIEW]

**[0:03:23.1] AVH:** Hello Diana, welcome.

**[0:03:25.7] DR:** Hi, thanks for having me.

**[0:03:26.9] AVH:** Welcome back to the podcast, I should say. I know you have been on our podcast before with a different host and I know that our readers and our listeners are very familiar with you already since you're a regular contributor to the magazine as well. Maybe if we

could just get started, you could tell us what you've been up to, what's keeping you busy? I think based on your Instagram, you were on an awesome vacation lately?

**[0:03:48.8] DR:** Yeah, I was down in Costa Rica it was super fun, our whole family got to go, we really only get a very short window in the winter because my husband's a farmer and we're just so busy with the farm the rest of the year that we really only get like a small window between like Thanksgiving and mid-February, Valentine's Day I guess, to be able to get away and so.

It was really fantastic, we've got some friends down there that we've made and lots of surfing and sun and everything. So that was really fun. Oh, and we got to visit a really cool farm called Finca Luna Nueva. It is near La Fortuna, which is a volcano in sort of the middle in the rainforest and they are affiliated with Savory Institute and gave us a fantastic tour and we learned how to make chocolate, which was really fun.

**[0:04:44.5] AVH:** Actually, that's good because I want to talk about chocolate a little bit later.

**[0:04:47.1] DR:** Good.

**[0:04:48.3] AVH:** Speaking of chocolate though, how's the food in Costa Rica? What kind of food were you eating?

**[0:04:52.9] DR:** I ate a lot of something called casado, which literally translate to "marriage" and I guess it's sort of — I don't know if it's like the marriage of the flavors or it's pretty much the house dish and it is beans and rice and a small salad and either a grilled fish or a grilled chicken. Usually got it with some really fresh grilled fish and I pretty much ate that for every single lunch.

Breakfast was the same thing, only with eggs. Eggs, beans, and rice. Lunch, yeah, fish, beans, and rice and then dinner was actually more fish. I eat as much fish as I possibly can when I'm down there and it's just amazing.

**[0:05:34.5] AVH:** When you come back from your vacation, do you and your family have a sort of "reentering real life" kind of process or is it easy to get back into the swing of things?

**[0:05:43.9] DR:** Well, it's definitely disappointing to come back to cold Massachusetts weather for sure and we're thinking actually next winter, we may take the kids out of school a little bit longer. We had to take them out of school to go on this trip but just for a week and we may go for like three or four weeks next winter, right before our son gets into high school and then it's a lot harder to take the kids out of school

But yeah, as far as reentry, it's definitely easier for me. January is a very busy time for nutritionists so it was a little stressful for me to be away when everyone's doing a Whole30 and, you know, my practice has never been busier and so I was just feeling a little anxious with all the incoming emails to kind of get organized and get back on track and get helping people again. And get back to all this other projects that I'm working on as well.

**[0:06:32.5] AVH:** You do really have like — I guess I never really considered that, but January would be a nuts time for you.

**[0:06:37.6] DR:** Yeah, it's like tax time for accountants. So January, I see another surge usually April because I think people are like, "Oh my god, bikini season's around the corner and I am not ready." Then September is another. Like I'll get — nobody wants to start a new diet in August but then September is super busy, back to school and September, October and then November, December is quiet and then January again. That's kind of the ebb and flow of the dietician world.

**[0:07:10.1] AVH:** Right. So you said, obviously you have your hand in a lot of different pies here because you're a nutritional therapy practitioner, you're running this busy practice, you're also an author, you're a podcast host, sustainability advocate, you live on an organic farm with your family, which is a lot of people's dream. So before we, I guess, get in to the meat of the talk — no pun intended — can you kind of just walk us through like a day in your life on the farm, at work, what you're doing?

**[0:07:36.5] DR:** yeah, on Thursdays and Fridays, in addition to being an NTP, I actually went back to school and got my RD. So I'm a registered dietician which is great because I can take

insurance which in the state of Massachusetts pays really well for nutrition so people are able to see me without having the fork over a ton of cash.

Which, when I was an NTP, that definitely can hold some people back. I'm able to see a much broader range of clients this way. I have an office that I am fully booked Thursdays and Fridays and then Monday, Tuesday, Wednesdays, I'm a mom/podcaster/writer. I do a ton of writing. I've been working on article all morning in addition to, we just had some piglets born and this is the first time we've had pigs, actually, on the farm.

We've done lots of baby goats and baby sheep but never baby pigs before. We sort of have had an accidental pregnancy situation happen here. Pigs are not great moms and so we are not 100% sure if the piglets are going to make it and it's a little — my daughter's home from school right now out there in the barn with a bottle and it's sort of like a real life charlotte's web situation happening at the very moment.

**[0:08:51.7] AVH:** That's intense.

**[0:08:52.3] DR:** Yeah, so I try to be around for my kids when I'm not working and I help out a little bit on the farm but we've got a full-time crew that works with my husband and so I don't do a ton of hands on farming. I'm mostly writing and when I'm working from home writing and doing media.

**[0:09:12.7] AVH:** Okay. You did a post, I don't know how recent it was, but I saw where you kind of showed and talked about what you eat in a day and I love those kinds of things because I think people just really like having a sneak peek into how people live and it's one thing to say this is how you should do something but when you actually see a person living it, I think that's kind of extra special.

In your family, who does most of the food preparation, who is doing most of the cooking and that kind of stuff?

**[0:09:37.3] DR:** Yeah, me. I do almost all of it. Although my son, who is just about 13, wants to do a burger night so I'm excited to give the reins over to him for a night. But my husband doesn't

do a ton of cooking only because I'm the one, when I'm home during the week, it's very easy for me to go, throw something in the instant pot or throw a couple of chickens in the oven to roast.

I tend to cook a lot on the weekends and then when I'm working from home, I'm kind of multitasking between housework and work-work. Then yeah, Thursdays and Fridays tend to be either my husband cooking, kind of reheating something that I've already made or you know, maybe it's an eat out kind of night. We don't eat out a ton.

I'd actually say we only eat out like once or twice a month just because A, there's not a ton of good options around here. B, I get sick a lot when I eat out so I have celiac disease and I am pretty sensitive to gluten. So I just end up — eating out is just not fun for me usually and you know, I think once you start to really have amazing ingredients, like all the meat and eggs we eat are from our farm. It's kind of like I don't want to spend a ton of money on junkie food like eating out for a family of four, \$100 for junkie food. I'd rather just eat at home.

**[0:11:03.3] AVH:** Right. You've got better stuff at home, I would imagine everything else kind of pales in comparison.

**[0:11:05.3] DR:** Yeah.

**[0:11:06.3] AVH:** I saw a recent blogpost of yours, I think it was the US News and World Reports, "The best diets of 2017", you had a response that I guess that paleo diet and also the Whole30 ranked very poorly.

This also reminds me, I don't know if you saw this, it was making the rounds on Facebook for a while. There was another news station that was saying the biggest fad diets of 2017 and one of them was "clean eating". Clean eating as a fad diet, it's really tough to get your head around. But you know, I understand why there can be some willful ignorance around these things because obviously a lot of people stand to lose money if people become more healthy or need less medication or start eating real food instead of processed food.

You can speak to your response in your post but how do people combat this kind of misinformation that comes out?

**[0:11:58.6] DH:** Yeah, I think there's money involved but I also think that there I just a lot of egos involved. I think there's a lot of misperceptions involved in eating a vegetarian diet is cleaner — definitely when I was getting my RD, when I was in my graduate program, the professors were all vegetarian just about. It was very widely accepted that vegetarian and vegan was a healthier way to live.

It's pretty endemic in our dietary guidelines, we're certainly seeing that as well. The low fat thing is still pretty strong, it's still being taught in school and it's a pretty firm thing that just not a lot of dieticians or doctors have really given it up yet.

Although a lot of people do say, "Oh, there's a lot of money to be made," you know, the DASH Diet was not — there's not a lot of DASH Diet bars, there's not... I can see it with slim fast and Nutrisystem but there is no Mediterranean diet smoothie mix that you can get sent to you right?

I think really, it has to do with this ideas that a low fat diet and a low meat diet is really the healthiest way to go and that grain consumption is important and necessary.

**[0:13:24.3] AVH:** Right. In terms of the paleo diet specifically, do you think because it is becoming more mainstream and you know, people know when you say "paleo diet", people at least have some idea what that means whether — it's getting diluted now, which is another topic all together. But do you think that because it's becoming more mainstream and people are attaching sort of different values to that word, do you think that that in itself is becoming problematic like the word, the label we give it instead of just real food? Do you think "paleo" the word is problematic?

**[0:13:57.0] DR:** I think it can be. definitely I noticed that it was a problem when I was applying for internships because I was a paleo author, I got rejected from my internships when I was trying to become a dietician even though I had perfect straight A's in every single class and was much — I'd worked in the food industry for years doing marketing and also running a kitchen and I strangely was passed up for internships.

So I definitely think there are some percepts about that, I remember showing one of my vegetarian professors, *Paleo Lunches and Breakfasts On The Go* — Oh, I showed her both my books actually, yeah. She's like, "well, you have to rename this because this isn't paleo, this is healthy." I think people just don't understand and I think they unfortunately, the whole caveman thing has really sort of hijacked the brand of paleo and also, people with their paleo treats I think. I'm really torn on that stuff because you know, I like to eat, I like to celebrate and I like to have some gluten free treats here and there for sure.

I think it's really nice to have them if you have a gluten sensitivity or allergy. But unfortunately when the market gets flooded with those types of things and that's all people are seeing, right? Because all the other foods that are paleo aren't labeled paleo right? Sweet potatoes don't have a big paleo sticker on them in the produce department. Really, what people are seeing is paleo bacon and paleo foods that people don't associate with health, basically. It is unfortunate that those sort of caveman, meat eating thing has really taken over.

**[0:15:41.4] AVH:** Right.

**[0:15:41.8] DR:** I think it hurts it a lot.

**[0:15:43.5] AVH:** I mean, you've spoke to sort of egos involved in this and I think we're seeing a lot of that in American culture in general right now and egos being problematic in terms of trying to either find compromise or just find the right path, personally.

If the term paleo is problematic or if there was this misinformation attached to it, how do we either encourage people to learn or how do we make sure we're getting the right information?

**[0:16:12.4] DR:** The "encouraging people to learn thing", I really don't do that. I mean I guess, I'm not like an evangelist. I don't go around like — actually, no one in my home town where I live really, not many people know what I do. It's not like I'm sitting at my son's baseball game trying to tell them to put down their Gatorade's and you know, switch to lemon water, right?

I do think people need to chill our a little bit on trying to convert everybody because people can get really easily offended when you're sort of preaching to them. My tactic tends to be letting

people — I just eat my food that I eat and if people are curious and they find out I'm a nutritionist and they want to talk to me, I'm definitely open at all times to talking but converting people is not something that I try to do at all.

**[0:17:03.6] AVH:** That's the mature smart way to go about it. It's just, you know, it's so hard when — of course like leading by example and just kind of living a healthy lifestyle yourself is a great way to teach people maybe without being sort of overt about it. But I guess everybody know someone who is suffering maybe health wise or is a vegan or a vegetarian and maybe doesn't understand how it's possible to eat animals in an ethical or sustainable way.

You're right that it's not our job to kind of change people's minds, but I guess we're going to get into the meat of it now. What is your message? How do you eat meat sustainably? How do you do that in an ethical way?

**[0:17:45.4] DR:** Funny you should bring this up because I just started writing a book with Robb Wolf and we're tackling all this things right now in this book, we're talking about sustainability and nutrition and sort of, "Can you be an ethical meat eater?"

One thing I should point out is we are not trying to convince vegans to eat meat, that's just not even a worthwhile endeavor. I don't recommend anybody try to convince a vegan to eat meat because it's just not going to go well. There is a lot of, you know, I don't want to say "ego" in a mean way because I don't mean it in a mean way. But there's just — when the decision is so core to their identity, it's just not going to go well, right?

Usually what happens with the vegan is they hit a health crisis and they look for better meats and then they end up becoming my best nutrition customers, right? Because they're trying to eat better and they want to eat meat that's been treated well and I happen to do both those things very well. Vegetarians you can sway a little bit more but vegans there's just no point.

**[0:18:53.6] AVH:** Okay.

**[0:18:54.0] DR:** Anyhow, as far as sustainability and well, you asked about ethics stuff, moral stuff? Like how can you eat meat and feel okay about it. Actually just released a podcast with

Joel Salatin, maybe you guys could link to it in the show notes where he and I discussed it. I've been talking about it a lot on my podcast with different guest so I talked about it with Will Harris who is a farmer down at White Oak Pastures in Georgia. He had a really interesting response as well that we talked on my podcast.

Joel had a bunch of really interesting responses but at the core of it, I think our disconnection from nature is really driving all of this. Never before have we had to push away food. Even to have the conversation of "should we or should we not eat meat?" We have to recognize the fact that this is a luxurious conversation to have, right? The Maasai are not having this conversation.

People who are starving are not having this conversation. The majority of Africa is not questioning whether or not they should eat meat, they're looking for food right? To just understand that and to understand that meat has been a pretty important piece of the human diet since evolution.

Then also to understand that death has to occur in order for a life to happen, right? We all need to move out of the way for new things to come, everything eats and is eaten and animal protein is nutritious, we are omnivores, we require animals for our health and you know, raising animals for meat can be done in a very ethical, sustainable way.

**[0:20:38.8] AVH:** I listened to your podcast with Joe there and you also talked about, specifically, ethical slaughter as well. Can you talk about that for a bit?

**[0:20:46.5] DR:** Yes, I actually have an article coming out in Paleo Magazine about humane slaughter. I forget which episode it is. I just handed it in to Cain. Basically, humans are the only ones that are able to be "humane" about how we slaughter things right? A lot of people think that death in nature is a painless death, that natural death is painless death.

Nothing can be further from the truth, if you've actually seen something die, you'll realize that things don't just die in their sleep quietly, including people right? We all hope that maybe we'll just go on our sleep of a massive heart attack and we won't feel it but in actuality, that's not how it happens, I hope for myself that there's a nice button that I can push when it's time.

Because I've seen people die and going out the door in a natural way, of old age of emphysema, of kidney failure, it is not a beautiful way to go right? The same thing with animals. Life is really great when you're young and healthy and it really kind of sucks when you're old and have broken bones or organ failure right? Or blind and can't move at the same time and you know, things are culled right?

The way that they're culled is not a beautiful way, Hyena's, Coyote's, things like that. Just being left behind from the pack. Humans actually you know, it's not a no stress situation but I've attended several slaughters and we are able to — we know a lot about how to make things better and we can make death a very important and meaningful and, in many ways a sacred process that then brings an animal into its next phase of existence.

Which is basically just transforming its matter into nourishment for us or other animals. If we just think about people and all things in life as matter being transformed into other forms of matter, then it makes it a little bit easier I think to understand that a quick stun to the head and slit to the throat is actually a pretty nice way to go.

**[0:23:18.9] AVH:** And you're right, you're saying that we, I think, maybe, I don't know if it's western culture specifically that seems to be extra removed from the idea of death as a natural thing and not that it is easy or pleasant all the time but it is a natural part of life and I think that's why we're so far removed from what the meat that we're eating actually is and the life that it had and I know people who don't like to eat meat that is on the bone because it makes them think about the animal that it was.

So I think that yeah, being more connected or understanding what that animal was and how it lived and how it died is a good thing.

**[0:23:56.5] DR:** Exactly.

**[0:23:57.0] AVH:** So your clients I would imagine most of the clients that come to you aren't super — I mean, they're usually open to learning all of these things. I mean what are some of the biggest challenges that you have for the folks that are coming in to work with you?

**[0:24:12.6] DR:** So as a dietician my number one focus is to get people healthy and the sustainability stuff comes second. A steak even if it's a feedlot piece of sirloin is still going to be better than Wonder Bread or a Twinkie, right? And so getting people to eat enough protein is my number one goal because that's the biggest problem. People are coming to me either wanting to lose weight or they're having some metabolic problems regulating their blood sugar or they've got some intestinal issues.

All those three populations need to be eating more protein and less grains, less processed food and so eating some more protein, combining that with some healthy fats at your meals and really reducing the amount of junkie carbs people are having in their diet are the main things that I focus on with everyone walking in the door. A lot of them I put on a Whole30 type of a diet. Some of them I make some medications for like I'll pull in some rice, I'll put in some butter.

There's a few other things that might make it just a little bit easier to do a Whole30 but still get a lot of the benefits of a Whole30 because if they're super addicted to sugar and not quite ready to be making their own bone broths. Some people I think might have more success if there was just a few extra green light foods that they can pull in. But I've had a lot of success with this paleo type diet with weight loss, with intestinal disorders and with metabolic derangement.

**[0:25:54.2] AVH:** And you'd say for those of us who maybe are not working with you or not working with an RD but are trying to make steps towards becoming healthier and having a more sustainable diet that those would be the same steps as well? You focus on enough protein, good protein, good unprocessed food and then when you got that under control then you start looking at, "Okay what's the best quality that I can get?" Sort of in steps so that people don't get overwhelmed.

**[0:26:22.3] DR:** Exactly because I find people get overwhelmed with "Oh my god I can't eat any meat unless it's got a big halo around it," and that can be a big challenge to do that especially if you eat out or travel and I think also people get overwhelmed by all the recipes that are out there, all these gourmet recipes, and forget the fact that it's just you put some meat in the pan, you put some fat in the pan and then you add some veggies and then that's dinner.

So that's pretty much how I eat, even though I have written some cookbooks. Dinner for me is I ask my family for any cravings they have because I used to have major food cravings. I definitely came into paleo broken and to me now, dinner is just like, "Oh I've got some pork chops, oh I've got some spinach, perfect." Mix that with some coconut oil, boom, dinner. So I think people need to get back to that a little bit more because it's awesome.

I totally think it's awesome. I mean, I'm a recipe developer but I just think that when they are starting out, I actually give people very, very simple rules and tell them not to start with gourmet recipes even though they might have led them in like, "Oh I could eat this. This is paleo? This is delicious." But I actually breakfast, lunch and dinner, I try to keep them thinking very simply for the first two weeks until they get the hang of it.

**[0:27:48.6] AVH:** So do you think it is just kind of a matter of time I suppose that helps you find that balance? Because I see it all the time that folks go from one end of the spectrum not knowing anything and living an unhealthy lifestyle to learning and then being obsessed with this learning, and then as you said, obsessed with perfecting it. Like it has to be the best meat and it has to be the best of everything and that can be problematic as well.

It's hard I guess sometimes for people to find the balance between not being obsessive over it but also really maximizing your lifestyle. So how do you do that?

**[0:28:23.4] DR:** Yeah, well I think bloggers are opening up a little bit more to their audiences about how they're not perfectly paleo all the time and nobody is doing a Whole365 unless it's medically required. So I think it's nice when I see people including white rice or some gluten-free pasta here and there. I will have a slice of gluten-free bread sometimes with my eggs in the morning because I'd like to soak up the yolk with them. So I think it's important for people to realize that it's okay to indulge once in a while.

But at the same time, everything in moderation can be quite a dicey situation for most people and so to very clearly identify which foods you just don't have an off switch for. Like I'm fine with a square of chocolate but for me, a bag of potato chips is I will just crush the whole thing, right? Or gluten free pizza, I will eat it until I'm sick. I will just keep on eating it like how dogs will eat the whole cake or something like that and then throw it up in a corner or something. That is me.

**[0:29:31.7] AVH:** I'm the dog with the cake by the way.

**[0:29:34.6] DR:** Yeah so I did not have gluten-free pizza in my house. Just the combination of the cheese and the tapioca crust is just too much. So I think it's important for people to realize, "Okay this is a trigger food for me." I've been to Overeaters Anonymous meetings and it's really interesting learning about binge eating, not that I have it but I certainly have a lot of nutrition clients that have dealt with that before and a really important step in all of that is to identify which foods are trigger foods and just abstain from them.

So I really love Gretchen Rueben's book, *Better than Before*, where she talks about how most people actually need to abstainers and are lying to themselves about being moderators.

**[0:30:17.2] AVH:** Yes and part of this I think too is being an adult and knowing that we can't all eat cake every day. That's not what being a healthy, whole human is. Yes, we should all eat things that make us happy and make us feel good and we can't be perfect all the time but we also can't eat like we're going to die tomorrow. There has to be...

**[0:30:38.4] DR:** Exactly. Yeah and definitely all foods are on a spectrum. There's no one food that is a hundred percent has a halo and compared to other foods. I think that it's important to realize that lentils can be a healthy thing in certain context and if you don't react to gluten maybe you can have some here and there. But maybe you just don't want too much because it can be full of a lot of empty calories. So I just think people need to understand that there's nuance to everything.

**[0:31:13.6] AVH:** Right. So you talk a lot about on your podcast and on your site about foods that maybe don't have great sustainable or ethical practices. Things like bananas or chocolate, can you talk about this a bit and how those of us were consumers can make better choices when we're purchasing these things because even when it comes to chocolate, I feel like a lot of signage and words around it, it might seem like it's okay but it's not. You don't even know, because a lot of these things are so vague or misleading so talk to us about that a bit.

**[0:31:44.7] DR:** Yeah, I definitely see a lot of people very concerned about like the dirty dozen or the clean 15 or whatever like the chemicals are going directly into their bodies and I've noticed bananas are on the clean list, right? Or I think they are. But anyway, some of those foods were not taking into account the devastating effects it has not only on the environment but on the people who live near these farms. So in the case of bananas, the major issue is the aerial spraying that's happening in this countries where we're getting bananas.

So bananas are the number one fruit in America and they're not grown in America. So we love our bananas and we're getting them from pretty dodgy places that don't have the same environmental standards that we do here in America. So they are using chemicals that are usually banned in America and they end up not only spraying the plants with them because we're all eating just this one variety called the Cavendish which there's a big disease affecting them right now and they're pretty much all dying.

They're heavily sprayed and that spray lands on schools and homes right next to them. There's not a lot of laws about aerial spraying and so that's one of the biggest issues in addition the labor, the people that are on the ground harvesting the bananas and spraying them without masks on, these really, really strong chemicals, there's major birth defects happening and deaths because of these chemicals. So that's really the biggest issue within the banana industry.

With chocolate, it's a little different so that's why you want to do a fair trade banana, an organic fair trade banana. Actually I am going to have a podcast coming up pretty soon on avocados and bananas and the importance of fair trade with those two foods specifically with some folks from a company called Equal Exchange and Equal Exchange also works in the chocolate industry and I did recently have the director of a film called, *The Dark Side of Chocolate*, on my show and I have read a lot about chocolate.

So the issues around chocolate not so much chemical spraying, although organic chocolate is better than chemically sprayed chocolate for sure. But the issues around chocolate is really more about child slavery and it is really, really happening in Africa specifically and children are being tricked, they're being sold, they're being kidnapped and brought to these chocolate plantations or little farms rather, where they don't know the language, they're not fed well,

they're not given good medical care, they're not educated and they are sold for as low as 30 Euros.

It is a really sad situation and because of the supply chain model where companies like Nestle and Godiva and Hershey's don't really own those chocolate farms. It's really difficult for them to track but they all know it's happening. They've all made promises to end it, it has not ended. So the safest types of chocolate to get would be either fair trade chocolate or look for a chocolate from South America. But pretty much all the chocolate you see in those big drugstores for Valentine's Day, or Easter, or Halloween, that's pretty much all slave chocolate.

**[0:35:14.2] AVH:** Wow.

**[0:35:14.6] DR:** Yeah.

**[0:35:15.6] AVH:** Wow, that's intense. I mean that's why I know I speak for our listeners and I'm grateful that you're doing these podcast and interviewing these people. I listen to *The Dark Side of Chocolate* one and it's incredible. It's so eye opening. It's amazing that this stuff can be happening on the scale that it is and people don't know about it.

**[0:35:34.1] DR:** Yeah.

**[0:35:36.3] AVH:** So you talked before a new book with Robb Wolfe, can you talk a bit more about that and when it's going to be out?

**[0:35:42.3] DR:** Well I don't know when it's going to be out because we've literary just talked last week. I've been bugging him to write this book with me for a long time. He has this other book coming out in March, which I'm pretty excited about and I've read. It's fantastic and I highly recommend people check that out. It's *Wired to Eat*.

**[0:35:57.8] AVH:** Yeah, we're going to try to get him on the podcast in the next little bit too.

**[0:36:00.8] DR:** Good, yeah and I've been working a lot with him, I do a lot of writing for his site. I'm one of the RD's that closely works with him. We have co-presented at a lot of conferences

and this next book has been on the back of my head for a really long time and the timing I think is good now because I think people are finally starting to make the connections between sustainability and food and I think there's a growing number of people that are realizing that maybe a plant based diet is not the best for our health or for the environment.

So we're going to be diving into looking at the environmental nutrition and moral reasons why a plant based diet is not necessarily the best choice for us moving forward as a human species.

**[0:36:51.5] AVH:** Okay, so we'll watch out for that one.

**[0:36:53.8] DR:** Yes.

**[0:36:54.5] AVH:** Okay, so I guess we're winding things up now. You've got a lot of information for us, obviously, but if you had to give a 30 second elevator pitch about how anyone high level can improve their health and not just sustainable in ethics but happiness, their overall health and wellness and happiness, what are some of the main things people can do today?

**[0:37:20.2] DR:** You're putting me on the spot. I'm not always good about these.

**[0:37:25.5] AVH:** Good chocolate is one of them.

**[0:37:26.9] DR:** Well.

**[0:37:27.5] AVH:** For me maybe anyway.

**[0:37:29.2] DR:** Yeah, I definitely love a good piece of chocolate on a daily basis for sure. But no, I think that paying really good attention overall to your nutrition on a daily level. Not just once in a while, not just when you are doing a Whole30 and then you're off it, but on an everyday level, really focusing. Because I've definitely had nutrition patients that are like, "I didn't realize I had to do this a lot," right? Like, pay attention to how you're eating.

The same goes for movement, the same goes for sleep, the same goes hugely for community just getting through the book called *Tribe* by Sebastian Junger.

**[0:38:10.3] AVH:** Yes, so good.

**[0:38:11.7] DR:** Yeah, so I mean that is huge, right? We just don't have enough social connections these days. Connections with nature and just really understanding perspective and where we are in the grand scheme of things, which is just a little fleck of nothing, right? And so if we got one chance to make it here and so what are you going to do with that chance? And for me, I think following my passion, trying to help people have a longer and healthier life and hopefully leaving the place a little bit better than we found it. At least trying to steer the Titanic in a slightly different direction, gets me up in the morning every day.

**[0:38:50.1] AVH:** Well, I think that's an awesome place to end. Can you remind us where we can find you and follow you online?

**[0:38:56.2] DR:** Yeah, so my blog is [sustainabledish.com](http://sustainabledish.com) and I have a podcast. People can sign up for on iTunes called Sustainable Dish and there's a link on my website and I'm pretty active on Instagram. I try to post everyday so that's my handle there is @Sustainable Dish. I'm also on Twitter and Facebook, same name, @SustainableDish and I have a nutrition practice. People can find out about working with me through my website and my name again is Diana Rodgers.

**[0:39:23.1] AVH:** Great. Well, Diana, thank you so much. I feel smarter after having talked to you which is a good thing. It's a good thing to feel on a Monday and hopefully we'll chat again soon maybe about this book when we get a little closer to that and good luck with those piglets.

**[0:39:36.0] DR:** Oh, I know. Thank you so much, yeah. I'm going to go check on them right now.

**[0:39:40.4] AVH:** All right, take care. Have a good week.

**[0:39:41.5] DR:** Okay, buh-bye.

[END OF INTERVIEW]

**[0:39:43.6] AVH:** That was registered dietician and all around smart person, Diana Rodgers. Make sure you check her out at [sustainabledish.com](http://sustainabledish.com) and also, do yourself a favor and check out her Instagram @SustainableDish. She takes incredible pictures from around her farm that will seriously make your day. Pictures of cute animals that's all I have to say.

As for next week's show, we're talking to Alison Maine, a journalist who writes about environmental health, wireless radiation, electromagnetic and chemical safety and technology addiction. So if you have a smart phone — and who doesn't? — you probably don't want to miss this one. To make sure you don't miss it, just subscribe to Paleo Magazine Radio on iTunes and if you're feeling extra friendly, maybe leave us a nice review.

Before we go, I'd like to once more thank the sponsor of today's show, Healthy Human. I don't know about you but I have a tough time drinking enough water throughout the day because although water is delicious and wonderful, it's maybe not the most exciting thing in the world but it helps I find if you put it something that's pretty to look at. You know, you keep it on your desk, it reminds you to take a drink and that's where Healthy Human has you covered.

Lastly, I'd like to just do a quick plug of our social media. Are you following us everywhere? Check us out on Instagram, Facebook and Twitter @paleomagazine and say "hi" on my own personal Instagram account @themusclemaven and let us know if you have any great ideas for the podcast.

[OUTRO]

**[0:41:06.8] AV:** Paleo Magazine Radio is brought to you by the Paleo Media Group and is produced by We Edit Podcasts. Our show music features the song *Light It Up*, by Morgan Heritage and Jo Mersa Marley, and on behalf of everyone at Paleo Magazine, thank you for listening.

[END]